



Sexual Health Education on 11 basis. Referral needed, speak to HOY.

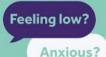
https://carersinbeds.org.uk/who-we-help/young-carers/

Are you a young carer and need support, speak to Mrs Speight or Caroline in sanctuary

Year 71/8 School Counsellor Mrs Nagrani Ask your Hoy or Mrs Speight for a referral Or drop into the sanctuary at lunchtime



CAMHS Thursdays week 1 - referral needed See Mrs Speight



Struggling to cope?

Text SHOUT to 85258 for free, confidential



www.themix.o



wellbeing Support Services available for young people

Speak to your HoY, Mrs Speight or Sanctuary staff for further information or visit the school website wellbeing section https://www.biddenham.beds.sch.uk/wellbeing/





Year 9 - 13

weds, Thurs and Fridays in Sanctuary; Referral needed Or visit https://www.bedfordopendoor.org.uk/

Aquarius for those using or who have been affected by drug or alcohol misuse

Referral needed

https://aquarius.org.uk/our-services/young-peoples-services/bedfordshire-yp/



Sixth form mentoring Student Safeguarding Leads

Speak to your tutor about a referral



www.youngminds.org.uk/

